



Peak Performance Muscle Building Shake Recipes for Triathlons: High Protein Shakes to Help Triathletes Increase Speed and Overall Durability

Joseph Correa (Certified Sports Nutritionist)

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Peak Performance Muscle Building Shake Recipes for Triathlons will help you increase the amount of protein you consume per day to develop more muscle mass. These shakes will accelerate muscle growth fast and in an organized manner by adding large and healthy portions of protein to your diet. Being too busy to eat right can sometimes become a problem and that's why this book will save you time and help nourish your body to achieve the goals you want. Make sure you know what you're consuming by preparing it yourself or having someone prepare it for you. This book will help you to: -Gain muscle fast. -Save time. -Have more energy. -Train harder and longer. -Naturally accelerate Your Metabolism to build more muscle. -Improve your digestive system. Joseph Correa is a certified sports nutritionist and a professional athlete.

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